



FALL

COMMUNITY PROGRAM GUIDE

SEPTEMBER - DECEMBER 2024



TABLE OF CONTENTS

MEET THE RECREATION TEAM.....03

Registration Process

NEW REGISTRATION SYSTEM.....04

Create an Account Contest, Health Programs

EDUCATION PROGRAMS.....05

Training Opportunities, Traditional Foods
System Revitalization Project

RECREATION PROGRAMS.....08

SPORTS PROGRAMS.....09

čičuy (Children), ʔoʔet (Adult), & ʔukʷayə
(Community) Drop-in

FITNESS PROGRAMS.....10

ʔoʔet (Adult) - Spin, Circuit Training & Pilates

GENERAL PROGRAMS.....12

čičuy (Children), & ʔukʷayə (Community) Pumpkin
Carving Event, Recreation Reimbursement Program

SCHOOL'S OUT.....14

After School Program, Pro-D Day Camps

YOUTH PROGRAMS.....14

Youth Nights, Future Leaders

SPORTS FIELD & OUTDOOR TRACK.....15

Field Use & Lights Information

RECREATION CONTACT INFORMATION.....16

Address, Phone Number, & Email,
Vision, Mission & Goals of Department

MEET THE RECREATION TEAM



Christine Parsons
Recreation Manager
Office: 604-414-3255
Cell: 604-578-0500



Sydney Stonehouse
Recreation Coordinator
Office: 604-414-3270



Jimmy Harry
Recreation Assistant
Office: 604-414-3231
Cell: 604-578-0559



Adriana Zastre
Youth Recreation Leader
Office: 604-414-3247

REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: August 19, 2024

ONLY TLA'AMIN CITIZENS CAN REGISTER UP TO 72 HR. (3 DAYS) BEFORE THE START OF THE PROGRAM BEFORE IT OPENS TO LEASEHOLDERS.

Tla'amin Nation leaseholders can express interest in a program & will be added to a waitlist. Leaseholders will be registered into a program after the Tla'amin Citizen ONLY registration period has ended & space is available.

Some programs offered each season will ask you to pre-register due to limited spots & equipment. Please follow the steps below to register:

STEP 1:

DROP BY ʔayıštən ʔaye | Cousin's House in person and speak to Recreation Assistant, Jimmy Harry. **OR**

CALL ʔayıštən ʔaye | Cousin's House at 1-877-505-5139. **OR**

EMAIL rec@tn-bc.ca with the program name, participant name, contact info and which session you are interested in.

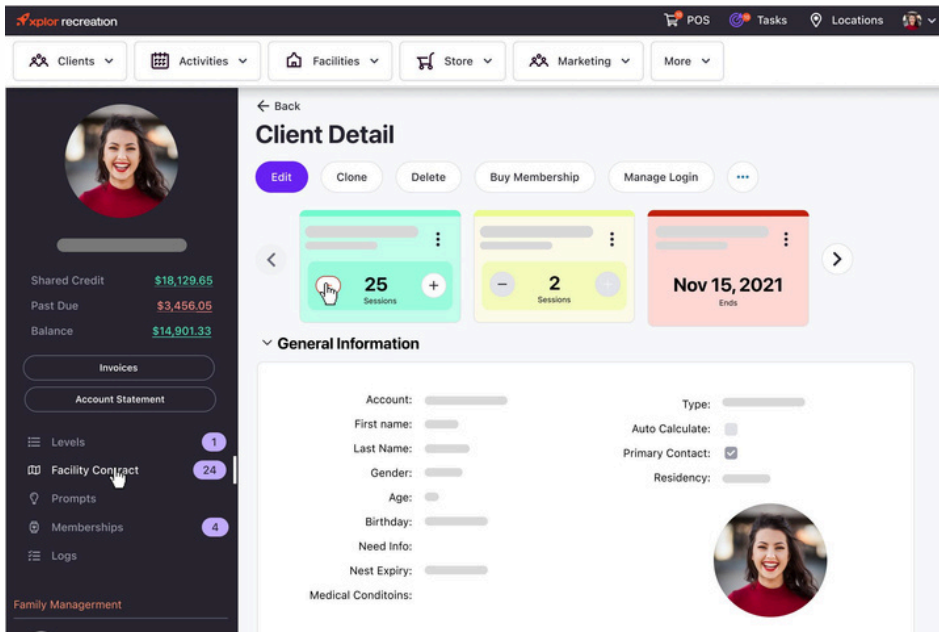
STEP 2:

Once registered, you will receive an email confirmation with paperwork to be completed. Complete paperwork & email back to rec@tn-bc.ca. If you are registering for multiple programs, paperwork can be used for all programs (excluding School's Out & Youth Nights), but please be sure that you have completed the above step for all interested programs and that program names are listed on your paperwork.

Step 3:

Enjoy the program!

NEW REGISTRATION SYSTEM COMING NOV. 5



TLA'AMIN PERFECTMIND

Tla'amin Nation is excited to announce the launch of its new Xplor Recreation Software that will allow clients self-serve access to programs and services that meet their recreational needs, while making registration simpler.

NOVEMBER 5

Tla'amin Nation members will be invited to create an account that will provide access to many recreation & education programs and services offered in Tišosəm.

Each week between **Nov. 5 - 29** those who have created an account will be entered into a draw to win a Fitbit. **Set up your account early to have 4 chances to WIN!**



HEALTH PROGRAMS

HONOUR YOUR STRENGTH: OUR DIABETES WELLNESS JOURNEY

WHO: People living with type 2 diabetes, and anyone wanting to learn about living well with type 2 diabetes.

WHERE: Tla'amin Health Center

WHEN: TBD

WHAT: Eight session series introducing living well with diabetes. Information sharing, storytelling, activities and building your own diabetes wellness plan.

For more information or to register contact:

Phone 604-483-3009

Email – health@tn-bc.ca

Stay tuned to the Nation Facebook page for updates.

EDUCATION PROGRAMS



EDUCATION PROGRAMS

UPCOMING

TRAINING OPPORTUNITIES

Register at: training@tn-bc.ca or (250) 858.2739

CLASS 4 DRIVING PRACTICE

Instructor-led practical training in the Tla'amin Nation van.

Four sessions available this fall:

- **September 13th, 9am-12pm or 12:30-3:30pm**
- **October 11th, 9am-12pm or 12:30-3:30pm**

***Participants must have a Class 4 learner's license & clean driving abstract.**

Meet at ʔayıštən ʔaye / Cousin's House.



Mental Health First Aid

MHFA First Nations is intended for First Nations people; it is also recommended for anyone who works with First Nations.

September 9th-11th OR 12th-14th, 9am-4pm

Location TBD

***Participants must attend the entire training.**

PRACTICAL SKILLS WORKSHOP SERIES

Want to feel more confident operating & maintaining your boat, vehicle, &/or tools?

Looking for a crash course in beginner auto mechanics, household DIY, trailer driving/launching/docking, &/or backroad and marine radio use?



Email training@tn-bc.ca to join the interest list for this upcoming series.

EDUCATION PROGRAMS

FALL MUSHROOM HARVESTING & PROCESSING



AGES: ADULTS & FAMILIES

Part of the Traditional Food Systems Revitalization workshop series. This fall we will be offering local wild mushroom harvesting and processing workshops for Tla'amin community members.

Dates: TBA

Locations: TBA

Instructors: TBA

Registration: Join the interest list! Email training@tn-bc.ca

FALL SALMON FISHING & PRESERVATION WORKSHOPS



AGES: ADULTS & FAMILIES

Part of the Traditional Food Systems Revitalization workshop series. This fall we will be offering salmon fishing and preservation (canning, barbecuing, smoking) workshops for Tla'amin community members.

Dates: TBA

Locations: TBA

Instructors: TBA

Registration: Join the interest list! Email training@tn-bc.ca



TRADITIONAL FOOD SYSTEMS REVITALIZATION PROJECT



Learn to harvest, prepare, and preserve traditional foods!

Materials provided. Priority enrolment for Tla'amin people.

Join the mailing list: training@tn-bc.ca



Do you have skills to share?

We are hiring instructors!

Seeking experts in fishing, hunting, foraging, harvesting, canning, smoking, barbecuing, dehydrating, and more.



Our Voices. Our Language. Our Stories. Our Teachings.



7ams nam is your Tla'amin wellness app. It is a confidential and safe place for you to connect with our ancient teachings, learn from our elders and knowledge keepers, and lift up our Tla'amin community members.

Through our songs, language, legends, and lived experiences, we all have a story to tell. In the app, you can watch teachings, listen to our songs, learn our Tla'amin language, or find balance with a daily check in or reflection.

Win monthly prizes valued at \$250

Download the app today

Scan the QR codes or search "tla'amin" in the app or play store.



For more information visit our website
<https://go.checkingin.co/tlaamin-community-app/>

Need help? Have questions? E-mail hello@checkingin.co

RECREATION PROGRAMS



ČIČUY

SPORTS PROGRAMS

LITTLE KICKS SOCCER



AGES: 4-6 YEARS

The little kicks program will introduce your little one to soccer through fun games for skill development.

Pre-registration is required for this program.

Wed. Sep. 11-Oct. 2 5:00 pm- 5:45 pm

Location: Tišosəm Sports Field

HOCKEY SKILLS DEVELOPMENT



AGES: 6-18 YEARS

This program will provide players with a platform to develop and accelerate hockey skills and improve their game.

Pre-registration is required for this program.

Sun. Oct. 6 - Dec. 1 4:00 pm- 5:00 pm

Location: Recreation Complex

SWIM LESSONS



AGES: 5-12 YEARS

Swimmer 1 & 2: These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes and exhale their breath underwater. Floats, glides, kicking and front stroke skills are introduced. Transportation to & from Cousin's House provided.

Pre-registration is required for this program.

Session1:

Fri. Oct. 4 - Nov. 1 3:30 pm - 5:30 pm

Session 2:

Fri. Nov. 8 - Dec. 6 3:30 pm - 5:30 pm

Location: Complex Aquatic Centre

ΛΟΛΕΤ

AGES 16 AND OLDER

RUN CLUB

TRACK AND TRAIL

WEDNESDAYS AT 4:45PM
SEP. 25-NOV. 27

MEET AT TISOSEM TRACK

RUNNING ON YOUR OWN IS WONDERFUL, BUT RUNNING WITH A GROUP IS INCREDIBLE. YOU BENEFIT FROM SOCIALIZATION, BUILD FRIENDSHIPS, AND A STRONG SENSE OF COMMUNITY, ALL WHILE ENGAGING IN AN EXERCISE THAT IMPROVES BOTH YOUR MENTAL AND PHYSICAL HEALTH.

BACK TO SCHOOL

ALLOWANCE FORMS FOR SCHOOL SUPPLIES

Available: August 1, 2024
Due: September 30, 2024

TLA'AMIN NATION

To Get Your Allowance Forms

- Pick up in person at 6690 Sillammon Road (Education Office), or
- Pick up in person at 4779 Klahanie Drive (Gov House), or
- Email Noreen Paul at noreen.paul@tn-bc.ca to receive them electronically.

ʔuk^wayə

DROP-IN PROGRAMS



COMMUNITY VOLLEYBALL

ALL AGES

Drop on by the Salish Centre on Thursdays for some volleyball action!

Thu. Sep. 26 - Dec. 12 6:30 pm - 8:30 pm

Location: Salish Centre

PICKLEBALL

ALL AGES

Drop on by the Salish Centre on Tuesdays for some pickleball action! All ages welcome.

Tue. Oct. 1 - Nov. 26 6:00 pm - 8:00 pm

Location: Salish Centre



FITNESS PROGRAMS

WEIGHT ROOM MEMBERSHIPS

Weight Room memberships for the Salish Centre Weight Room are available for all Tla'amin Citizens FREE of charge. Membership forms can be picked up at Government House front desk or ʔaylštən ʔaye | Cousin's House. A fob/key for the weight room will be issued once the paperwork is returned and approved.

FITNESS PROGRAMS

ΛΟΛΕΤ



SPIN, SCULPT & CORE

AGES: 16 YEARS & OLDER

A full body class beginning with cardio on the bike, followed by conditioning and core exercises and a relaxing stretch at the end.

Pre-registration is required for this program.

Session 1:

Wed. Sep. 18 - Oct. 16 4:45 pm - 5:45 pm

Session 2:

Wed. Oct. 23 - Nov. 27 4:45 pm - 5:45 pm

Location: Salish Centre

Functional Circuit Training

AGES: 16 YEARS & OLDER

A great way to familiarize yourself with the weight room all while getting a full body workout!

Mon. Sep. 16 - Dec. 9 4:45 pm - 5:30 pm

Location: Salish Centre Weight Room



PILATES FUSION

AGES: 16 YEARS & OLDER

A full body workout focused on slow controlled movement using a variety of props and light weights. Open to all fitness levels.

Pre-registration is required for this program.

Session 1:

Tue. Sep. 24 - Oct. 29 4:45 pm - 5:30 pm

Session 2:

Tue. Nov. 5 - Dec. 10 4:45 pm - 5:30 pm

Location: Salish Centre

GENERAL PROGRAMS

ČIČUY

PAJAMA GYM



AGES: 4-6 YEARS

Bring your little ones to an evening of gym time & activities to burn off that evening energy before bed.

Wed. Sep. 25 - Oct. 30 6:00 pm- 7:00 pm

Location: Salish Gym

SLIME WORKSHOP



AGES: 6-12 YEARS

Join us at Cousin's House to create four different types of ooey-goopy slime! This hands-on experience is designed for fun and creativity. Don't miss out on the gooey excitement!

Pre-registration is required for this program.

Tue. Oct. 1 - 22 5:30-7:00 PM

Location: ʔaylštən ʔaye | Cousin's House

YOUTH CRAFTS NIGHT



AGES: 10 -18 YEARS

Dive into traditional arts and crafts of the Tla'amin Nation at Cousin's House. This program offers a fun, safe, and inclusive space for creativity and learning new skills.

Pre-registration is required for this program.

Wed. Oct. 2 - 30 6:00 - 8:00 PM

Location: ʔaylštən ʔaye | Cousin's House

TRADITIONAL FOODS



AGES: 10-18 YEARS

Experience the rich traditions of our community by learning how to prepare traditional recipes with guidance from our knowledge keepers. Join us for these intergenerational cooking sessions!

Pre-registration is required for this program.

Wed. Nov. 6-Dec. 4 5:00 pm-7:30 PM

Location: ʔaylštən ʔaye | Cousin's House

DRUM MAKING WORKSHOP



AGES: 12-18 YEARS

Participate in a three-day workshop spread over three weeks where you'll learn to create traditional drums. The workshop includes designing and testing your drum with a drumming and song session. This is a hands-on experience that combines traditional art and music. **MUST attend all 3 classes. Pre-registration is required.**

Day #1 - Fri. Sep. 27 5:00-9:00 pm

Day #2 - Thu. Oct. 3 5:00-7:30 pm

Day #3 - Fri. Oct. 11 5:00-6:00 pm

Location: ʔaylštən ʔaye | Cousin's House

CAMPFIRE TEACHINGS



AGES: 13-18 YEARS

Gather around the campfire with John Louie for an engaging series of traditional stories. This program will run three times over three months, offering a unique chance to connect with cultural teachings in a cozy, outdoor setting.

Pre-registration is required for this program.

Thu. 5:15-6:15 PM

Sep.19, Oct. 17, Nov 21

Location: ʔaylštən ʔaye | Cousin's House

GENERAL PROGRAMS

SCHOOL'S OUT PROGRAM



United Way
British Columbia

Working with communities in BC's North, Interior, Lower Mainland, Central & Northern Vancouver Island

AFTER SCHOOL PROGRAM



AGES: 5-12 YEARS

In partnership with United Way of BC, this after school program offers Tla'amin youth between ages 5 & 12 years of age an opportunity to connect, play and learn. **Pre-registration is required for this program.**

Mon. - Fri. Sep. 3 - Jun. 26 3:00 pm - 4:45 pm

Location: ʔayl̓st̓ən ʔaye | Cousin's House

PRO-D DAY



AGES: 5-12 YEARS

A full day camp that will have kids exploring on various field-trips, and learning different arts & crafts, sports, and games. **Pre-registration is required for each date.**

Fri. Oct. 25 8:30 am - 4:30 pm - All Schools

Fri. Nov. 22 8:30 am - 4:30 pm - Assumption

Location: ʔayl̓st̓ən ʔaye | Cousin's House



YOUTH NIGHTS DROP-IN

AGES: 13-18 YEARS

Welcoming Indigenous youth and invited friends to engage in Cooking, Sports, Crafts, Events, Games, Out Trips, Leadership, Wellness, and Recreation!

Sep. 5 - Dec. 20

Thu. 5:00 pm-9:00 pm

Fri. 5:00 pm - 9:00 pm

Location: ʔayl̓st̓ən ʔaye | Cousin's House



FUTURE LEADERS

AGES 15-29 YEARS

Future Leaders offers the opportunity for youth to receive free training that will prepare youth to work in the Recreation Department's programs & services. Youth will benefit from a mix of mentorship, skills development, volunteer hours, and a paid honorarium. Youth gain valuable skills in recreation, financial literacy, and self-discovery, all while building a strong foundation for future employment.

Tue. Oct. 21 - June 24 6:00 pm - 8:00 pm

Location: ʔayl̓st̓ən ʔaye | Cousin's House



United Way
British Columbia

Working with communities in BC's North, Interior, Lower Mainland, Central & Northern Vancouver Island

General Programs

ʔukʷayə

PUMPKIN CARVING COMMUNITY EVENT

FAMILY EVENT - ALL AGES WELCOME

Get creative with your family at the Salish Centre during our pumpkin carving event! Enjoy an evening of fun, including dinner and dessert. Perfect for all ages.

Pre-registration is required for this event.

Fri. Oct. 25
5:00 pm - 8:00 pm
Location: Salish Centre

ČĚĚGATŠTƏM ʔƏMS ČĪČUY
 'HELPING TO SUPPORT OUR KIDS'

RECREATION REIMBURSEMENT PROGRAM

Providing financial assistance to Tla'amin čičuy' from birth to 18 years old for participation in recreational programs outside of Tla'amin's Community Recreation programs.

AGES 0 TO 6 YEARS WILL BE REIMBURSED UP TO \$300CAD ANNUALLY.

AGES 7 TO 18 YEARS WILL BE REIMBURSED UP TO \$1,000CAD ANNUALLY.

Email recfunding@tn-bc.ca for an application form or more information.

Apply TODAY!

SEPTEMBER - DECEMBER 2024



CREATE A TLA'AMIN PERFECTMIND ACCOUNT STARTING NOVEMBER 5

Gain self-serve access to programs and services that meet your recreational needs, while making registration simpler. Each week between **Nov. 5 - 29** those who have created an account will be entered into a draw to win a Fitbit. **Set up your account early to have 4 chances to WIN!**



TIŠOSƏM TRACK & SPORTS FIELD

OPEN HOURS

6:00 AM - 10:00 PM

Please watch the Tla'amin Community Recreation & Tla'amin Nation Members Facebook page for field updates. If you are a sports team looking to book the field for a practice, please email bookings@tn-bc.ca

The Sports Field

- Dogs are not permitted on the field at any time.
- No motorized vehicles permitted on the field.
- Field may close due to inclement weather. This is to protect the field from damage.

The Track

- Bicycles & scooters are not permitted on the track at any time.
- No motorized vehicles permitted on the track.
- The track is open to all community members unless otherwise stated.

LET THERE BE LIGHT

Lights can be turned on during the evening hours. There is a small panel box between the change rooms & mechanical room at the back of ʔaylišən ʔaye | Cousin's House with a green button inside the box. Press the button and the lights will be turned on for a set time of 2 hours.

MINI PITCH LIGHTING

Lighting is available in the evenings for groups using the mini-pitch. Please email rec@tn-bc.ca with the day and time you require lighting.



ᑭaylštən ᑭaye | Cousin's House

📍 5180 Hwy. 101, Tla'amin, BC., V8A 0B3 📞 1-877-505-5139 ✉️ rec@tn-bc.ca

VISION

A recreation department that strives to honour our ancestors and embraces ᑭəms taᑭow (our teachings) in all recreation and sport opportunities creating a healthy, vibrant Nation for all.

MISSION

To provide high quality recreation and sport opportunities where Tla'amin citizens are able to enhance their holistic wellbeing while collectively building a strong, thriving community forming ONE HEART, ONE MIND and ONE NATION.

GOALS

Goal #1:

Active Living – Foster active for life principles through sport & recreation physical activity opportunities for all.

Goal #4:

Supportive Environments – Ensure the provision of supportive physical and social environments in all programming that provides a culturally safe spaces, encourages participation and a sense of belonging in recreation and sport while fostering community cohesion.

Goal #2:

Inclusion and Access – Increase inclusion and access to recreation through identifying & managing barriers for participation, provision of subsidized community programs and opportunities for transportation assistance to out of community recreational programs & services.

Goals #5:

Building Recreation Capacity – Strengthen the foundation of Tla'amin Recreation through policy development, staff training, improved efficiencies, effective budgeting, collaborative partnerships, continued growth & sustainability of programs & services.

Goal #3:

Connecting People with the Land – Embrace ᑭəms taᑭow (our teachings) and connection to the land through the provision of culturally appropriate recreation programs that explore connections to all ecosystems.